

Spaghetti ala Pesto

Rating: ★★

Prep time: 20 minutes

Cook time: 20 minutes

Makes: 6 Servings

Ingredients

13 1/2 ounces Whole Grain Spaghetti

3/4 clove garlic cloves

2/3 cup Spinach, raw

1/4 cup Basil, fresh

1/3 cup olive oil

1/2 teaspoon salt

3/4 cup Parmesan cheese

14 1/2 ounces cottage cheese, low fat or non fat

Directions

1. Preheat oven to 135 degrees F. Wash and chop the spinach and basil. Crush the garlic and mix in oil, set aside.
2. Cook whole grain spaghetti noodles for 7 minutes, test for doneness, drain and place in bowl.
3. Measure out the salt.
4. Place cooked spaghetti in a 9X13 baking dish.
5. Combine all ingredients, except for cottage cheese, in bowl and combine thoroughly. Fold in cottage cheese. Place mixture in baking dish and place in oven.
6. Bake about 8 minutes, sprinkle Parmesan cheese over the top and serve.

Notes

Serving Size: 1 12X20 square

Ballantyne Elementary (Recipes for Healthy Kids Competition)